

August 2007

Weight Management Program Continuous Enrollment

Department of Administration**Office of Group Insurance****Boise, Idaho**

The Office of Group Insurance, in cooperation with Blue Cross of Idaho, is pleased to announce that the Weight Management Incentive Program will now be offered year round. The pilot Weight Management program, initially offered in April 2006, only provided for a two month enrollment period. The initial program was very successful. A total of 212 members participated in the program, losing an average of almost 32 pounds each. A total of \$16,800 in incentive payments were made to participants through June 30, 2007.

All State of Idaho employees, retirees, and dependents covered under one of the State's medical plans with Blue Cross of Idaho are eligible to participate in the program. The same weight loss programs offered in the initial program will be offered under the new program. Those are:

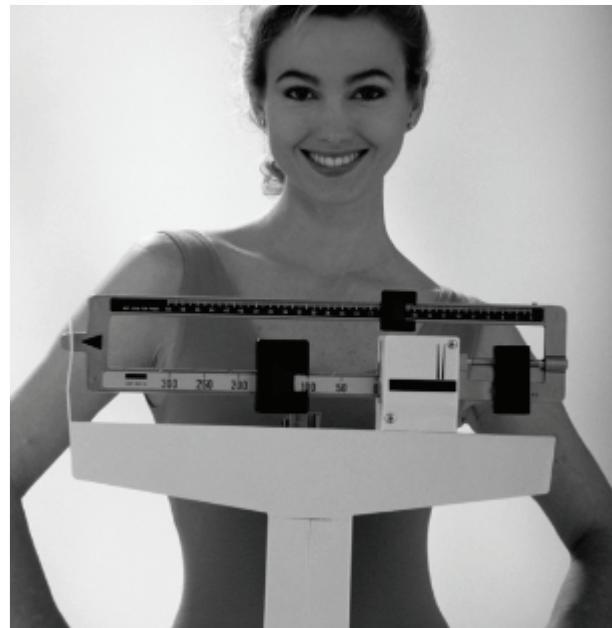
- Jenny Craig® www.jennycraig.com or 800-597-JENNY
- L.A. Weight Loss® www.laweightloss.com or 800-331-4035
- Weight Watchers® www.weightwatchers.com

While these programs share the common goal of helping you lose weight, each offers different techniques to accomplish this goal. The cost of each plan differs and varies by individual. Program costs are not covered. For the best results, choose the plan that can be most-easily incorporated into your daily routine.

How does reimbursement work?

Six months after starting the program if you have lost 10% of your initial weight, you will be eligible for a \$100 incentive payment. After 12 months, if you have either maintained that weight loss, or are just now achieving the 10% weight loss, you will be eligible for a second \$100 incentive payment. This means that each individual has the potential of receiving up to \$200.

If you are currently enrolled in a program, you may participate in the incentive program; however, we cannot honor your previous weight loss. Your weight as of **August 1, 2007** will be your starting point for this program.

***How do I get my incentive payment?***

To obtain the \$100 incentive payment(s) for attaining and maintaining the 10% weight loss goal through the Jenny Craig®, LA Weight Loss® or Weight Watchers® programs, click the Reimbursement Form link below:

[Reimbursement Form](#)

The form is also available on the Group Insurance website at:

[Weight Loss Program - Reimbursement Form](#)

Please submit all forms to the address below:

**Heather Mykelgard
Blue Cross of Idaho
P.O. Box 7408
Boise, ID 83707**

Questions:

For questions regarding the weight management program, please contact the Office of Group Insurance at **1-800-531-0597**, or in the Boise area at **332-1860**.